

Amendment to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-8 (canceled)

Claims 9-12 (canceled)

Claim 13 (currently amended): A method for shallow frying comprising:

- (i) providing a food composition comprising triglycerides wherein at least 60 wt. % of triglycerides is of vegetable origin and 0.05-3 wt. % sunflower lecithin which is hydrolyzed to a degree of hydrolysis ranging from ~~0.1 to 0.5~~ 0.2 to 0.4; and
- (ii) frying with said food composition in a shallow frying pan.

Claims 14-15 (canceled)

Claim 16 (previously presented): The method according to claim 13 wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis ranges from 0.25 to 0.33.

Claims 17-18 (canceled)

Claim 19 (currently amended): Food composition, suitable for shallow frying comprising 0.05-3 wt. % sunflower lecithin which is hydrolyzed to a degree of hydrolysis ranging from ~~0.1 to 0.5~~ 0.2 to 0.4, and wherein the food composition comprises: 30-100 wt. % fat phase and 0-70 wt. % aqueous phase.

Claim 20 (canceled)

Claim 21 (previously presented): Food composition according to claim 19, wherein the degree of hydrolysis of the sunflower lecithin is 0.25 to 0.33.

Claims 22-23 (canceled)

Claim 24 (currently amended): Food composition according to claim 22_19, wherein the food composition is a water in oil emulsion comprising:

60-90 wt.% fat phase

10-40 wt.% aqueous phase.